WP plugin for backup

https://wordpress.org/plugins/backwpup/

WP plugin

https://wordpress.org/plugins/jetpack/

WP tutorials

https://codex.wordpress.org/Main_Page

http://wordpress.tv/category/how-to/

Wordpress Pinglist – probably best to search google pinglist.

https://codex.wordpress.org/Update Services

WP GameScript



http://myarcadeplugin.com/?ref=1446